

# November 2016 NMCP Prenatal Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
To Schedule Education Classes call: <b>1-866-MIL-HLTH (1-866-645-4584)</b> or NMCP OB-GYN at <b>953-4300</b> .	*Childbirth Prep classes are held in the OB-GYN/ Magann Conference Room in front of OB-GYN clinic, Bldg. 2, 4 <sup>th</sup> Floor.	<b>1100-1230</b> NMCRS Budget for Baby	<b>1230-1430</b> Breastfeeding Basics	<b>1300-1700</b> Childbirth Prep class and Tour <b>1730-1900</b> Labor & Delivery Tour		<b>0900-1300</b> Childbirth Prep class with Tour
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
			<b>1230-1430</b> Breastfeeding Basics	<b>1300-1430</b> Labor & Delivery Tour <b>1400-1500</b> Pregnancy and Postpartum Support Group	<b>Veterans Day</b>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
			<b>1230-1430</b> Working and Breastfeeding	<b>1100-1230</b> NMCRS Budget for Baby <b>1300-1700</b> Childbirth Prep class and Tour <b>1730-1900</b> Labor & Delivery Tour		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
			No Breastfeeding Class due to Thanksgiving Holiday	<b>Thanksgiving Day</b>		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
				*Breastfeeding classes are held in Bldg 2, 4 <sup>th</sup> floor <b>4KL</b> Dayroom in the Postpartum Inpatient Ward.	*Pregnancy and Postpartum Support group meets in Social Work Conference Room, Bldg 3, 4 <sup>th</sup> Floor. Call <b>757-953-5861</b> to schedule.	*Navy Marine Corps Relief Society offers Budget for Baby twice monthly at NMCP, Call <b>757-953-5956</b> to schedule.